

QUEST NEWSLETTER

Volume 1, Issue 4
June 21, 2001 (Summer)

A Note from Chrys written by Chrys Vildibil

Hello to Rural Regional Center and all of their Partners!

As many of you know I am Chrys Vildibil with ProLerna, a division of the Council. I provide the support to the Rural Regional Center in their membership to the Quality Consortium Network. What this Really means is that I provide coaching to them in the Quality Enhancement efforts.

I want to take this opportunity to say CONGRATULATIONS to all of you for being part of the enhancement of services to the people that

you support. Marcia has provided me a copy of all of the QuEST newsletters. It is with pride that I read of all the successes that are occurring. It is very important that we do not lose sight of what we do well, communicate that and then celebrate. Your newsletter does just that.

From March 20th-23rd, I had another opportunity to work with RRC. Twenty one people and myself spent those four days in Elko learning how to utilize the Personal Outcomes in Planning with People. RRC is commended for providing this

training, not only for its staff but for service providers as well. I met many wonderful people who are responsible from providing direct services to people and know that the lives of those people will be greatly enhanced as a result of the participation.

In closing I want to encourage you to keep up the good work. The partnership between all stakeholders is a wonderful asset. All of you should be very proud of yourselves for being part of a Quality organization.

Thank you for allowing me to be part of this wonderful process!

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POSITIVE BEHAVIOR SUPPORT - NEVADA IS COMING TO ELKO

Recruitment of Focus Individuals for Team Training

WHAT IS IT? Positive Behavior Support - NV (PBS-NV) provides in service training to educators, agency staff and families who support individuals with disabilities and challenging behavior (focus individuals). PBS-NV is one of 24 projects of the *Rehabilitation Research and Training Center on Positive Behavioral Support (RRTC/PBS)*, a national consortium of university-based PBS training centers. In Nevada, 30 community organizations

cooperate in the project. The project began in 1999 when RRTC/PBS accepted Nevada's proposal for a statewide initiative in PBS training.

WHAT ARE THE GOALS OF PBS-NV?

- Increase choices, independence, and quality of life for focus individuals of all ages.
- Train support providers in school, home, and commu-

nity settings to implement all aspects of PBS assessment and intervention strategies.

- Create a durable State and regional network to provide ongoing leadership, training, and consultation on Positive Behavior Supports.
- Influence changes at the level of state, (See PBS on page 6)

Special points of interest:

- Training on Outcomes coming to Reno this June
- Council Training for Direct Service Staff June 27th and 28th
- Provider Beat pages 2 and 3 will bring you up to date on happenings around the region!

Provider Beat

The Provider Beat section was created with the many different provider agencies and staff out in rural Nevada that help individuals each and everyday realize their wishes and dreams. This is your time to shine, and bring fourth the many successes that you are witnessing each and everyday!

ONE MORE CHOICE FOR PEOPLE RECEIVING SERVICES!

There's a new provider in Carson. Carolyn Jackson and Gloria Batfrey are proud to announce the opening of Harmony Home. Harmony home will be offering supports to individuals in the Carson City and surrounding areas through ISLA and SLA supports. Both Carolyn and Gloria bring a wealth of experience with them, and are ready to get going.

We welcome them to the wonderful array of service providers helping people reach their dreams and goals.

GRANDMA'S TREASURES OPEN IN DOWNTOWN WINNEMUCCA.

Sonoma Industries is proud to announce they have expanded their thrift store, and now call downtown Winnemucca home to Grandma's Treasures. This new venture into the downtown retail market allows for individuals at Sonoma to work much closer with the general public on a daily basis. Kay Debord (Director) feels that the store will provide opportunities that were not available to individuals in the past.

Individuals wanting to work at the new store downtown will be asked to complete an application, and will be interviewed for the positions available. All individuals at Sonoma are excited about the new addition. The new store has everything from clothing to kitchenware, and plans on expanding in the near future and offering local crafts at reasonable prices.

The new store is located on Bridge St. in Winnemucca, and the hours are Monday through Saturday 10AM to 5PM.

Come by and say hello!

OARC CONSUMERS GO TO WORK IN THE COMMUNITY

The Enclave program succeeds. Cindy Atkins, who was working on an OARC enclave at Calculated Industries was recently hired by them as a regular employee. She is a Helper 1 in the Shipping Department and has shipping, labeling, packing, and inventory duties.

Other individuals who have found work include: Monique Roybal and Cindy Ostrander. Monique is working at Red's Old 395 Restaurant, and Cathy is a courtesy clerk at Safeway. All are extremely happy to be working in the competitive market.

Ormsby also serves the Gardnerville area and has been coach-consumer at the Gardnerville Convalescent Center.



ARC the Min-Gardner and has ing a working

WAY TO GO PEOPLE! THANKS
FOR SHARING YOUR SUCCESSES
WITH US!

GREETINGS FROM ELKO EASTER SEALS

BY COLLEEN DEMING

Well, it has been six months since we moved to our new building at 3000 W. Idaho St. and things are really starting to happen. We moved to the new location in November and started recycling on a small scale. We have been trying to get the community to save their aluminum cans for us which we "crush for cash". It has been slow going, but people are finally starting to come around and it is keeping a steady flow coming in.

Our biggest project at the new facility is to recycle pa-



Erin shows us the paper during the drying process.

per and make various paper projects. Out of the paper we currently make by hand we are making greeting cards and book marks. We will be attempting in the near future to make journals, note pads and recipe books. Our office has a display case, and we would like to invite

everyone interested into our paper to stop by the store and purchase some for themselves. They are very unique, and beat giving the old standard Hallmark card.

A lot of work goes into what the employees make,

and they are very proud of it. We have already had a booth at one craft fair to sell our products, and will also be having booths at the Carlin Sho-n-Shine, Elko Art in the Park and the Lamoille Craft Fair.

Along with the recycling program We also have several Enclaves in the community. There are several individuals working at many different locations including: Friends in Service Helping, Great Basin College, Elko Senior Center and Granberry Supply. In the past we have supported people at: Vitality Center, BLM, Fire Science Academy, Ruby Mountain Water, Top Notch Janitorial and the City of Elko.

Thanks to all the employees at Easter Seals in Elko, you are doing a great job.

Ruby Mountain Resource Center News

FROM THE DIRECTOR

Ruby Mountain has undergone some tremendous changes. The Thrift Store is moving from its current location at 806 River Street to 800, 802, and 804 River Street. The new location will increase the store from approximately 2000 sq. ft. to over 4000 sq. ft. Along with the increase in size comes freshly painted walls, new shelving units, new carpet and tile. All work has been either donated or received from area businesses at a greatly reduced cost. Employees at Ruby Mountain have received many new and valuable job experiences this month as a result of the project.

The new Thrift Store will include many new job experiences for Ruby Mountain employees. Employees will begin by heading up their own departments and be responsible for filling shelves, helping cus-

tomers, and keeping their departments clean and organized. This is already taking place and everyone seems to be so excited and proud of the new responsibilities. Millie, Sue, and Tracey are responsible for cards, Arnol and Cecelia for kitchen, Donnie for books and music, Patty and Betty for clothing, Casey and Chris for furniture and lawn care, and Angelica for outdoor flowers. Juanita and Mark head up the maintenance crew and provide general cleaning and window washing. Ruby Mountain hopes that by implementing these new job descriptions it will give the employees a new sense of pride and increase their retail sales abilities.

In the workshop employees have the opportunity to change jobs more frequently and are offered daily choices to increase their learning opportunities. Vicky is in

charge of puzzles, Gloria and Patsy provide jean squares, Bruce and April are responsible for document shredding, and Laura is working on crafts for resale.

The mood at Ruby Mountain Resource Center has greatly changed and the employees are beginning to feel a new sense of pride and respect for the new environment. Together we are all working to make a work environment that is safe, clean and can be enjoyed by all.

Daily lunches are now being taken at the Elko City Park and we are able to enjoy walks, lounging in the grass and a relaxed social atmosphere.

If you happen to be in the area please feel free to come and see the new face lift at Ruby Mountain Resource Center.



Growth and Change at Fallon Industries

By Ernie Decoux and Leslie Sprcklin

With twenty CTC consumers, five Life Skills consumers and three to five Supported Employment consumers we are busier than ever.

At our monthly board meeting April 23, 2001 our board of directors appointed Ernie DeCoux as the consumer representative. Ernie is employed at the CTC.

Wayne Macomber, who went to work in the community over a year ago and is in charge of the janitorial department at New Frontiers Treatment Center, is Fallon Industries newest board member. Way to go guys!

The SLA program "Life Skills" and Fallon Industries has worked out a great deal with the Body Shop Fitness

Center and we are all excited about getting into shape.

Looking toward the summer months we are hoping to move mountains getting our building and grounds clean up, after 24 years in business we need a new millennium look.

Wish us luck!

PRIDE EXPANSION

The North West Nevada Transportation Coalition, with funding from the Nevada Department of Transportation, started service on Highway 50 and Highway 50A, linking Yerington and, Fallon, Fernley, Silver Springs, Dayton, and Stage Coach to Carson City. On the same day, transportation was started from Carson City to Minden. All services have connector service to the main routes. The connector service is being provided by various agencies.

The Central Dispatch telephone number for information is 1-775- 866-575-0252, a toll-free number.



The City of Winnemucca and Humboldt County recently gave their approval to allow public transportation to come to Winnemucca. Both county and city officials thought that the offer from DOT was too good to be true. There are absolutely no costs to

PUBLIC TRANSPORTATION IS COMING TO WINNEMUCCA

"Both County and City officials thought that the offer from DOT was too good to be true."

the city or county at this time. The grant guarantees funding for the next two years. The hope is that once service is started other grants will become available to help with other projects in the area.

If you have any questions, please feel free to call

Kay Debord at Sonoma Industries. (775)623-4536.

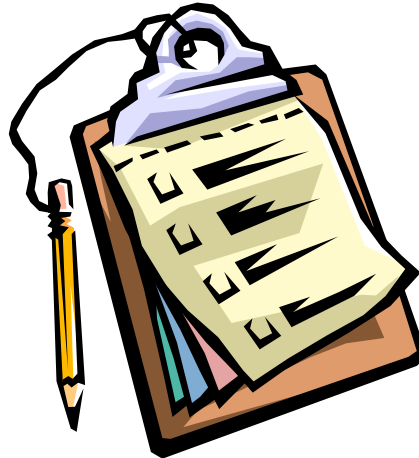
NEW PERSON CENTERED PLANNING FORMS ARE ON THEIR WAY TO A MEETING NEAR YOU!!

QUEST in Winnemucca has been busy diligently completing the task of making sure people wishes and dreams are discovered, and reflected in the planning process. A new procedure for annual meetings was created from information shared with the group from Desert Regional Center in Las Vegas. Sue Reeves from DRC has been very helpful in lending her knowledge of the process to the group for discussion.

The new forms are on disk, and available to anyone wishing to review. RRC Service Coordinators are reviewing the disks at this time, and will hopefully be using the new format to conduct annual meetings within the next couple of months. The new process requires a great deal of information gathering that must be collected before the meeting takes place. This information should be gathered by the people who know the person being served the best.

The new packet will include an objectives section that will set the ground

work for the meeting. The objective will be the "vision" the person and team develop. Life areas are broken down into 23 separate areas, and are addressed in the support plan if the person needs support in the life areas to meet his or her overall objective. The layout of the new forms is very simple



The new ISP layout is much more user friendly, and allows team members to focus on the person rather than a report!

to follow, and allows the team to always focus on the dream and vision the person has set for him or herself.

Shortly you will be asked to participate in this process, and will see for yourself the effectiveness of planning for people in this manner. The Quest team in Winnemucca has found the layout to be effective as well as user friendly. The greatest thing about the process is that it requires you have a vision in place to work towards.

Providers are being asked to have the Personal Profile completed before the annual meeting. If the profile is not completed for the meeting, the meeting will have to be rescheduled to allow time to get the profile done. It is imperative that we have the profile for the meeting in order for the process to be effective.

If you have any questions, or concerns please feel free to contact Bill Hammargren in Winnemucca.

A REQUEST FOR YOUR INPUT

Hey everybody guess what? People are reading our newsletter and it's getting rave reviews. We need to keep the enthusiasm up, and see to it that information is being shared and successes recognized. In order for this to happen I need to lean on all of you to do your part and help out.

I depend on the masses to provide the information you read throughout these pages. I ask that you send me any and all information, stories, trainings, etc. that you come across. This is your information avenue. **"Get it to Bill and he'll get it in the newsletter"** needs to be our motto.

Your ideas and thoughts are very valuable to the continued success of this newsletter. So whether you send the information through e-mail, regular mail, fax, or carrier pigeon get it to me.

As far as I am concerned there are no trivial issues. If you get your information to me it will be in the newsletter.

Health Watch

SUN SKIN DAMAGE

by

Linda Suzanne, R.N.

MANY MEDICATIONS and/or HERBS CAN INCREASE SUN SENSITIVITY.

KETOPROPHEN, IBUPROFEN, ST. JOHN'S WART, ANTIBIOTICS (Tetracycline, Doxycy-

cline, & Minocycline), ANTIPSYCHOTICS (Prolixin, Loxapine, Seren-til, Mobar, Trilafon, Risperdal, thioridazine, Navane, Stelazine), ANTIDEPRESSANTS (Tofranil & Anafranil), AND SOME ANTIHISTAMINES (Claritin and Benedryl) ARE EXAMPLES SO DON'T FORGET TO USE PRECAUTIONS SUCH AS SPF PROTECTIVE CLOTHING OR SUN BLOCKER. WHEN USING SUN

BLOCKER APPLY THE LOTION THICK. IF YOU ARE OUTSIDE FOR MORE THAN 2 HOURS AT A TIME, AND AFTER WATER EXPOSURE, REMEMBER TO REAPPLY SUN-BLOCK. COTTON SHIRTS, EVEN WITH LONG SLEEVES HAVE AN SPF (SUN PROTECTIVE FACTOR) AROUND 10 OR LESS. WHEN CLOTHING IS WET OR THIN THIS

(Continued on page 8)

WHAT'S HAPPENING!

- **Elko holds the 1st Annual Informational Fair-** On May 2nd, the Elko County Library was busy during the 1st annual informational fair. Local agencies were available to answer questions regarding the supports available in the area. The agencies represented at the fair were Ruby Mountain Resource Center, Easter Seals of Nevada, Guiding Light Inc., Vocational Rehabilitation, Center for Independent Living, EduCare Community Living Services, REM Nevada, The Chimney Rock Handi-Riders and Rural Regional Center. The fair received publicity from KENV TV and Elko Daily Free Press.
- **The Council is putting on a training**

in Las Vegas that's a little different.

Over the course of time the one thing asked for from every region has been trainings specifically for direct services staff. The opportunity to do just that is presenting itself this month (June 26-27) in Las Vegas at the Stardust Hotel.

The training is for direct support staff who are familiar with the Person Outcomes, and will review ideas and practices that can be used to strengthen the person centered practices being implemented. The conference is titled **I am only one person, How can I influence organizational change?** All agencies around the state are encouraged to take advantage of this opportunity and send staff that they

know will bring the ideas back to the organization and make a difference. Any Questions about the training can be directed to The Council at 410-583-0060 or TDD 1-800-735-2258

- **Second Annual Service Coordinators Conference in Las Vegas this August.** Once again Service Coordinators will gather in Las Vegas for their annual conference. This years event is being held The Orleans Hotel and Casino, and should be very informational. The conference kicks off Tuesday August 7th in the evening with a social. The meat of the conference will be the 8th and 9th. Hope to see you all there.

SUCCESS STORIES FROM AROUND THE REGION!

- Chris Beane from Battle Mountain will realize his dream of living independently in a larger community this month when he moves to Carson City. Chris is very excited about the many positive changes that he feels will come with this move. Chris has lived the majority of his life in rural Nevada, and looks forward to the independence his upcoming move means to him. Way

to go Chris! Good luck in your new home and community.

- On their recent trip to Vegas for regional games the Winnemucca Special Olympics athletes took top honors. All individuals who competed this year medalled in many of their events. According to participants the event and experience were all fun, and they look forward to competing in the future. For the time being however they are enjoying a much deserved

rest from practice.

- Debbie Harris (RRC), Diane Bess and Michel Moon (REM) recently went to Utah to meet with and eighteen year old young man who used to live in the Elko area but moved to Utah where he could receive needed services. The young man has voiced a desire to move back to the Elko area, and Debbie is glad to announce that this will be a reality by the end of this summer.

"All individuals who competed this year medalled in many of their events."

A STAPLE OF RRC IS GONE!

Tiny Bubbles in Elko by Deb Harris

The Elko Rural Regional Center office is a little more relaxing after the addition of a 50-gallon fish aquarium. Dorothy Turner of Dorothy's Tropical Tanks set up



the aquarium to include all the decorations and the fish. RRC staff welcomes the many visitors who stop by the office to take advantage of the beautiful and relaxing atmosphere. Dorothy's Tropical Tanks is located in Turner's Jewelry in Elko.

The old Ford Escort that graced the streets of Elko, Carson, and Winnemucca was recently replaced by State Motor pool, and will not be the staple of RRC any longer. Although there were many tears shed for the loss, Bill was very willing to say good bye to the car that had reverse "sometimes", would catch on fire if you held the brake too long, and sounded like a wind tunnel when on the highway.



local and family systems that will facilitate and maintain behavior support outcomes.

proach. Support teams include educators, community service providers, family members, and anyone else supporting the focus person. Support teams learn all aspects of positive behavior support plan development, and they create a plan for their focus individual.

PBS-NV just completed its second round of training in Southern Nevada and is planning its third round of training in Rural Nevada. PBS-NV plans to deliver the third round of training in Elko in the fall of 2001. We are currently in the process of identifying focus individuals who are experiencing behavior problems, and who have support teams of individuals who can commit to participating in all the training.

Focus Individuals could be people who:

- Are of any age,
- Are living in an integrated setting,
- Need special supports due to challenging behavior, have

- Are involved in multiple settings, and
- Overall represent different types of disabilities and a variety of ability levels.

With support from the state team trainers, the support team members 1) identify the goals of the intervention, 2) gather relevant information, 3) observe and evaluate the problem behavior, 4) generate a behavior support plan, and 5) implement strategies and monitor outcomes.

For more information, contact Kate McCloskey at 775/687-5162.

With RRTC/PBS technical support, Nevada prepared a multidisciplinary, multi-agency Training Team. Team members represent Nevada school districts, community and State agencies, and parents.

The PBS-NV Statewide Training Team provides specialized training in dealing with difficult behavior problems. All members of a focus individual's support team are trained together. This collaborative strategy is significantly related to the success of the PBS training ap-

HUMAN RIGHTS COMMITTEE CELEBRATES AN ANNIVERSARY!

The committee is dedicated to guaranteeing that people are supported to exercise their rights, and that rights are

“The Committee is dedicated to guaranteeing that people are supported to exercise their rights, and that rights are not violated...”

not violated or restricted without due process. This past year, the committee has been reviewing the use of medications that change or effect individuals' behaviors and that if rights are restricted, there are plans in place to re-

The committee recently welcomed new members, **Kat Jacque**, provider representatives and **Dr. Michelle Wallace**, UNR Behavior Analysis Department. If you are getting services through RRC and would like to check out the Human Rights Committee, Please give Marcia or Lora a call at RRC in Carson City at (775) 687-5162.

Saying goodbye is hard to do....

those who knew her. Her compassion and caring attitude balanced with the notion that people are people first helped make the services in Elko some of the best around. Michal's smile and good will contributed to many positive meetings and outcomes for individuals.

Although our own



greed makes us not want to see Michal leave, we understand that changes happen and personal pursuits are a must in the process of life.

Thank you Michal for your caring ideas, and positive attitude. It has been a pleasure knowing you. We wish you the very best in your future pursuits, and hope you stay in touch.

Inspiration Page

Life is a song-sing it.
Life is a game-play it.
Life is a challenge-meet it.
Life is a dream-realize it.
Life is a sacrifice-offer it.
Life is love-enjoy it.

Sai Baba

And life is what we
make it, always has been,
always will be.

Grandma Moses

To every disadvantage
there is a corresponding
advantage.

W. Clement Stone

Obstacles can not
crush me; every
obstacle yields to
stern resolve.

Leonardo da Vinci

The marvelous richness of human
experience would lose
something of rewarding joy if
there were no limitations to
overcome. The hilltop hour
would not be half so wonderful
if there were no dark valleys to
traverse.

Helen Keller

Throughout history,
people with physical disabilities
have been abandoned at birth,
banished from society,
used as court jesters,
drowned and burned during the Inquisition,
gassed in Nazi Germany,
and still continue to be segregated, institutionalized,
tortured in the name of behavior management,
abused, raped, euthanized, and murdered.
Now, for the first time people with disabilities are taking their rightful
place as fully contributing citizens. The danger is that we will respond with remediation
and benevolence rather than equity and respect. And so we offer you...

A Credo for Support

Do Not see my disability as the problem.
Recognize that my disability is an attribute.
Do Not see my disability as a deficit.
It is you who sees me as deviant and helpless.
Do not try to fix me because I am not broken.
Support me. I can make my contribution to the community in my way.
Do not see me as your client. I am your fellow citizen.
See me as your neighbor. Remember, none of us can be self-sufficient.
Do Not try to modify by behavior,
Be still & listen. What you define as inappropriate
may be my attempt to try and communicate with you in the only way I know how
Do Not try to change me, you have no right.
Help me learn what I want to know.
Do Not hide your uncertainty behind "professional" distance.
Be a person who listens, and does not take my
struggle away from me by trying to make it all better.
Do Not use theories and strategies on me.
Be with me. And when we struggle
With each other, let that give rise to self-reflection.
Do Not try to control me. I have the right to my power as a person.
What you call non compliance or manipulation may
actually be the only way I can exert some control over my life.
Do Not teach me to be obedient, submissive and polite.
I need to feel entitled to say No if I am to protect myself.
Do Not be charitable towards me.
The last thing the world needs is another Jerry Lewis.
Be my ally against those who exploit me for their own gratification.
Do not try to be my friend. I deserve more than that.
Get to know me. We may become friends.
Do Not help me, even if it does make you feel good.
Ask me if I need your help. Let me show you how you can best assist me.
Do Not admire me. A desire to live a full life does not warrant adoration.
Respect me, for respect presumes equity.
Do Not tell, correct, and Lead.
Listen Support, and Follow.
Do Not work on me.
Work with me.

Dedicated to the memory of Tracy Latimer

PAGE 7

I am only one. But
still, I am one. I cannot
do everything, but
still I can do something.
And because I
cannot do everything, I
will not refuse to do the
something that I can
do.

Edward Everett Hale

Most people are about as
happy as they make up
their minds to be.

Abraham Lincoln

If you treat an individual...
as if he were
what he ought to be
and could be, he will
become what he
ought to be and could
be.

Goethe

The future belongs
to those who believe
in the beauty
of their dreams.

Eleanor Roosevelt

Fear less, hope more;
Whine less, breathe more;
Talk less, say more;
Hate less, love more;
And all good things are
yours.

Anonymous

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Supporting the Voices and Choices of Rural Nevadans

(Continued from page 4)

ALSO HAS A LOWER EFFECT OF PROTECTION.

DERMATOLOGISTS RECOMMEND USING 30 SPF BLOCKER, HOWEVER IF A PERSON IS FAIR SKINNED, HAS A FAMILY HISTORY OF SKIN CANCER, OR IS TAKING A MEDICATION THAT CAN CAUSE SUN SENSITIVITY, THEN USING A HIGHER SPF SUN BLOCKER SUCH (40 FOR 50) HELPS PREVENT SKIN DAMAGE. *SUN RELATED SKIN DISEASES ARE FREQUENTLY CUMULATIVE, SO SYMPTOMS OF A DISEASE MAY REPRESENT A LONG HISTORY OF SUN EXPOSURE.*

NEVADA'S HIGH ALTITUDES DESERT MEANS LESS PROTECTION FROM UV-A AND UV-B RAYS. CLOUDY DAYS STILL ALLOW UV-B

RAYS TO GET TO OUR SKINS, SO WEARING A WIDE BRIMMED HAT AND USING SUN BLOCKER AND/OR SPF CLOTHING ARE SUGGESTED. CHECK WITH SOURCES LIKE



Enjoying the sun without getting burned! It's an important thing to consider!

SOLUMBRA, SUN PRECAUTIONS, REI, AND/OR SPORTIF CLOTHING MFG.

STAYING AWAY FROM OUTSIDE ACTIVITIES BETWEEN THE MID MORNING (10 AM) TO MID AFTERNOON (2-PM) WHEN THE SUNLIGHT IS STRONGEST HELPS DECREASE SUN EXPOSURE. LITERATURE SHOWS THAT THE NUMBER OF WRINKLES WE HAVE ARE DIRECTLY RELATED TO THE TOTAL HOURS SPENT OUTSIDE IN LIFE, AS UV-A (ULTRAVIOLET) AND UV-B RAYS DESTROY DNA IN OUR SKIN CELLS.

CHECK WITH YOUR LOCAL PHARMACIST TO CLARIFY IF YOUR OTC (over the counter) OR PRESCRIPTION MEDICATION INCREASES SUN EXPOSURE